

# THE Northglenn Heights Lifestyle



NORTHGLENN  
HEIGHTS  
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY  
11475 Pearl Street • Northglenn, CO 80233 • (303) 452-0501

## SEPTEMBER 2024

### Community Leadership

Lori Lee Gilbert ..... Executive Director  
Autumn Stringer ..... Wellness Director  
Sharon Juarez ..... Business Office Director  
Nellie Otero ..... Marketing Director  
Shreya Panwala ..... Activities Director  
Shannon Steele ..... Culinary Director  
Kristopher Serna ..... Maintenance Director

### Fall in Love With September



We say farewell to summer and let's welcome the fall and colorful autumn season. As the cool breezes blow the leaves off the trees, take a moment to enjoy autumn's beauty.

Observed on the first Monday in September, Labor Day recognizes the achievements of American workers. We are hosting an "End of summer bash" with BBQ and live entertainment with the Vets & Tunes in honor of Labor Day on Tuesday, 3rd September, at noon.

**NFL Season Begins:** The week of Labor Day also marks the start of the National Football League's regular season, where we plan to watch parties with popcorn and other snacks in our NGH TV Lounge.

**It's Oktoberfest Time:** We're rolling out the fun at our Oktoberfest party as well! Don your dirndl or lederhosen, or just come as you are, and celebrate the season with tasty treats and lively music. Check the calendar for details!

All the families, friends and residents are welcome to all the events. Interested guests are requested to call the front desk at +1(303)-452-0501 and sign up for the BBQ before 28th August, where there will be 7\$ per guest meal ticket.

**-From the Community Leadership team**

### Resident Appreciation



Our residents make our community the best in the area. We appreciate all the residents for being a part of this community. Whether it is Catholic services, decorating for Tabernacle Christmas choir, helping clean the bingo chips, or donating colored pencils for the residents, respected resident Patricia T. has always taken a lead role by participating in the community activities and has always been helpful to one and all around the community. We'd like to thank you for making this community such a wonderful place to live. A very Happy Birthday to you, and if we can do anything to make your home more comfortable, please let us know!

**Fall in Love With Fall** "There is something incredibly nostalgic and significant about the annual cascade of autumn leaves." —Joe L. Wheeler

**SEPTEMBER 2024**

**Residents' Birthdays**

- Patricia T. 09/02
- Harry S. 09/12
- Robert D. 09/20
- Rhoda B. 09/20
- Anita K. 09/26

**Count Your Candles, Not Your Years**

Birthdays are filled with yesterday's memories, today's joys and tomorrow's dreams. To all of our residents who are celebrating birthdays this month, we hope you have your cake and eat it too!

**Welcome New Residents**

We have wonderful residents here at our community! You get a special feeling each time you walk through the property and see so many friendly faces. If you see one of our new residents, stop by and say hello. Anyone can be a neighbor, but it takes a special person to be a friend.

**"The journey between what you once were and who you are now becoming is where the dance of life really takes place."**  
—Barbara de Angelis

| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   |
|--|---|--|--|---|--|--|
| <p>1</p> <p>9:45 Exercises- 1st Floor AR<br/>10:30 Catholic Services- CH<br/>10:30 Walking Club<br/><b>1:30 Orioles Vs Rockies Baseball Game- TV Lounge</b><br/>2:30 Audio Book Club- 1st Floor AR<br/><b>2:30 Popcorn Social</b><br/>3:30 Jingo- 1st Floor AR<br/>6:00 Collect Your Crosswords- From Front Desk Staff</p>   | <p>2</p> <p><b>Labor Day</b><br/>9:45 Exercises- CH<br/>10:45 Paint a Rock- FP<br/><b>12:00 Happy Birthday Patricia T.</b><br/><b>1:30 "Zack," our Therapy Dog</b><br/>1:30 Flower Arrangements-FP<br/>2:30 Singing Club- FP<br/>3:30 Bingo- 3rd Floor AR<br/>6:00 Take an Evening Stroll- CT</p> | <p>3</p> <p><b>Labor Day Special</b><br/><b>9:00 Optimal Home Care &amp; Hospice Vitals Clinic - FP</b><br/>9:45 Chair Exercises- AR 1st Floor<br/>10:15 Pretty Nails- FP<br/><b>10:30 Catholic Services - CH</b><br/><b>12:00 End of Summer Bash w/ BBQ</b><br/><b>2:00 Celebrate Labor Day w/ Music by Vets &amp; Tunes</b><br/>3:30 Poker Club- 3rd Floor AR<br/><b>5:30 Baseball Game: Rockies vs Braves</b></p> | <p>4</p> <p>9:45 Muscles in Motion- CH<br/>10:45 You be the Judge<br/><b>11:00 Lunch Outing @ Olive Garden</b><br/>1:30 Crafts: Fuzzy Stick Flowers<br/>2:30 Tea &amp; Coffee Social- FP<br/>3:30 Bingo- 3rd Floor AR<br/><b>5:30 Baseball Game: Rockies vs Braves- TV Lounge</b></p>  | <p>5</p> <p>9:45 Sit &amp; Be Fit Exercises- CH<br/>10:30 Armchair Travel- 1st FLR. AR.<br/>11:00 Necklaces &amp; Bracelets<br/><b>1:30 Ice Cream Social</b><br/><b>2:30 Fabric Art</b><br/>3:30 Let's Play Blackjack- 3rd Floor AR<br/><b>5:30 Baseball Game: Rockies vs Braves</b></p>  | <p>6</p> <p>9:45 Noodle Exercises- CH<br/>10:30 Crafts: Paint Vases- FP<br/>11:00 Music Therapy- Activity Room 1st. FLR<br/>1:30 Monopoly<br/><b>3:00 Happy Hour w/ Big Bingo- DR</b><br/><b>4:10 Baseball Game: Rockies vs Brewers- TV Lounge</b></p>   | <p>7</p> <p>9:45 Exercises - CH<br/>10:45 Dart Ball Game- 1st FLR. AR.<br/>2:00 Saturday Movie of Residents' Choice<br/>3:00 New Christian Life Church Services- CH<br/><b>3:30 Hymn Singing- FP</b><br/><b>5:30 Baseball Game: Rockies vs Brewers- TV Lounge</b></p>                                |
| <p>8</p> <p><b>Grandparents Day</b><br/>9:45 Exercises- 1st Floor AR<br/>10:30 Catholic Services- CH<br/><b>10:30 Connect w/ Families to Celebrate Grandparents Day</b><br/><b>2:00 Football Game: Broncos Vs Seahawks</b><br/>2:30 Audio Book Club- 1st Floor AR<br/><b>2:30 Popcorn Social</b><br/>3:30 Jingo- 1st Floor AR<br/>6:00 Collect Your Crosswords- From Front Desk Staff</p>                              | <p>9</p> <p>9:45 Exercises- CH<br/>10:45 Paint Banners- FP<br/><b>1:30 "Zack," our Therapy Dog</b><br/>2:00 Singing Club- FP<br/><b>2:30 Milkshake Mondays- FP</b><br/>3:30 Bingo- 3rd Floor AR<br/>6:00 Take an Evening Stroll- CT</p>   | <p>10</p> <p>9:45 Chair Exercises- AR 1st Floor<br/><b>10:30 Baking Club: Let's Make Banana Bread - FP</b><br/>11:00 Giant Crosswords- FP<br/><b>1:30 Free Admission at the Denver Art Museum</b><br/>1:30 Paint a Mandala - FP<br/>2:30 Dominos- FP<br/>3:30 Poker Club- 3rd Floor AR<br/><b>4:30 Baseball Game: Rockies vs Tigers- TV Lounge</b></p>   | <p>11</p> <p><b>Patriot Day</b><br/>9:45 Muscles in Motion- CH<br/><b>10:00 Live 9/11 Memorial &amp; Remembrance</b><br/><b>10:30 Resident Council Meeting- DR</b><br/>11:00 In the News: Live 9/11 Memorial &amp; Remembrance<br/>1:30 Crafts: Patriotic Star Wreath<br/><b>1:30 Trip to Walmart</b><br/>2:30 Patriotic Sing Alongs- TV Lounge<br/>3:30 Bingo- 3rd Floor AR<br/><b>4:30 Baseball Game: Rockies vs Tigers- TV Lounge</b></p> | <p>12</p> <p><b>Happy Birthday Harry S.</b><br/>9:45 Sit &amp; Be Fit Exercises- CH<br/><b>11:00 Baseball Game: Rockies vs Tigers- TV Lounge</b><br/>11:00 Necklaces &amp; Bracelets- FP<br/>1:30 Afternoon Trivia- FP<br/><b>1:30 Visit to the Northglenn Senior Center: Genealogy Group Session</b><br/><b>2:30 Crafts: Fabric Flowers</b><br/>3:30 Let's Play Blackjack- 3rd Floor AR</p>        | <p>13</p> <p>9:45 Noodle Exercises- CH<br/>10:30 Crafts: Sunflower Wreath FP<br/>11:00 Music Therapy- Activity Room 1st. FLR<br/>1:30 Monopoly<br/><b>3:00 Happy Hour w/ Dan- DR</b><br/>6:00 Grab a Word Search from the Front Desk Staff</p>   | <p>14</p> <p>9:45 Exercises - CH<br/>10:45 Dart Ball Game- 1st FLR. AR.<br/>2:00 Saturday Movie of Residents' Choice<br/>3:00 New Christian Life Church Services- CH<br/><b>3:30 Hymn Singing- FP</b></p>  |
| <p>15</p> <p>9:45 Exercises- 1st Floor AR<br/>10:30 Catholic Services- CH<br/>10:30 Walking Club<br/><b>12:00 Celebrate National Hispanic Heritage Month w/ Special Lunch</b><br/><b>1:30 Baseball Game: Rockies vs Cubs- TV Lounge</b><br/><b>2:15 Steelers Vs Broncos Watch Party w/ Popcorn</b><br/>3:30 Jingo- 1st Floor AR<br/>6:00 Collect Your Crosswords- From Front Desk Staff</p>                            | <p>16</p> <p>9:45 Exercises- CH<br/>10:45 Paint a Wooden Sunflower- FP<br/><b>1:30 "Zack," our Therapy Dog</b><br/>1:30 Flower Arrangements<br/>2:30 Singing Club- FP<br/>3:30 Bingo- 3rd Floor AR<br/><b>6:30 Baseball Game: Diamondbacks Vs Rockies - TV Lounge</b></p>                         | <p>17</p> <p>9:45 Chair Exercises- AR 1st Floor<br/>10:15 Pretty Nails- FP<br/><b>10:45 Chats on Importance of Hydration w/ Philip- FP</b><br/>1:30 Watercolor Painting - FP<br/>2:30 Dominos- FP<br/>3:30 Poker Club- 3rd Floor AR<br/><b>6:30 Baseball Game: Diamondbacks Vs Rockies - TV Lounge</b></p>   | <p>18</p> <p><b>U.S. Air Force Day</b><br/>9:45 Muscles in Motion- CH<br/>10:45 You be the Judge<br/><b>1:00 Trip to the Live Baseball Game: Arizona Diamondbacks at Colorado Rockies</b><br/><b>1:30 Baseball Game: Diamondbacks Vs Rockies - TV Lounge</b><br/>1:30 Crafts: Canvas Art<br/><b>2:30 All About U.S. Air Force Day-1st. FLR. AR.</b><br/>3:30 Bingo- 3rd Floor AR<br/>6:00 Grab Funny Stories- Front Desk</p>                 | <p>19</p> <p>9:45 Sit &amp; Be Fit Exercises- CH<br/>10:30 Armchair Travel- 1st FLR. AR.<br/>1:30 Necklaces &amp; Bracelets- FP<br/><b>2:00 Chef's Corner w/ Residents-FP</b><br/><b>2:30 Ice Cream Social</b><br/>2:45 Crafts: Apple Tissue Paper Sign<br/>3:30 Let's Play Blackjack- 3rd Floor AR</p>   | <p>20</p> <p><b>Happy Birthday Robert D. &amp; Rhoda B.</b><br/>9:45 Noodle Exercises- CH<br/>10:30 Crafts: Acorn Painting- FP<br/>11:00 Music Therapy- Activity Room 1st. FLR<br/>1:30 Monopoly<br/><b>3:00 Happy Hour w/ Big Bingo- DR</b><br/>6:00 Grab a Word Search from the Front Desk Staff</p> | <p>21</p> <p><b>Farewell to Summer</b><br/>9:45 Exercises - CH<br/>10:45 Dart Ball Game- 1st FLR. AR.<br/>2:00 Saturday Movie of Residents' Choice<br/>3:00 New Christian Life Church Services- CH<br/><b>3:30 Hymn Singing- FP</b><br/><b>7:00 Baseball Game: Rockies vs Dodgers- TV Lounge</b></p> |
| <p>22</p> <p><b>Welcome Fall</b><br/>9:45 Exercises- 1st Floor AR<br/>10:30 Catholic Services- CH<br/><b>11:00 Football Game: Broncos vs Buccaneers</b><br/><b>2:00 Baseball Game: Rockies vs Dodgers- TV Lounge</b><br/><b>2:30 All About Fall Documentary- 1st Floor AR</b><br/><b>2:30 Popcorn Social</b><br/>3:30 Jingo- 1st Floor AR<br/>6:00 Collect Your Crosswords- From Front Desk Staff</p>                  | <p>23</p> <p>9:45 Exercises- CH<br/><b>10:45 Celebrate National Family Day w/ NGH Family Photo Session- FP</b><br/><b>1:30 "Zack," our Therapy Dog</b><br/>2:00 Singing Club- FP<br/><b>2:30 Milkshake Mondays- FP</b><br/>3:30 Bingo- 3rd Floor AR<br/>6:00 Take an Evening Stroll- CT</p>       | <p>24</p> <p>9:45 Chair Exercises- AR 1st Floor<br/><b>10:30 Baking Club: Pumpkin Crumb Cake Muffins - FP</b><br/><b>1:00 Book Club at Senior Centre</b><br/>2:30 Dominos- FP<br/>3:30 Poker Club- 3rd Floor AR<br/>6:00 Grab a Puzzle of the Day- Front Desk<br/><b>6:30 Baseball Game: Rockies vs Cardinals- TV Lounge</b></p>   | <p>25</p> <p><b>National Women's Health and Fitness Day</b><br/>9:45 Muscles in Motion- CH<br/><b>9:45 Trip to the Black Hawk Casino</b><br/>10:45 You be the Judge<br/><b>11:00 Health &amp; Fitness Tips- 1st. FLR. AR.</b><br/>1:30 Dominos<br/>2:30 Seasonal Crafts: Fall Mason Jars- FP<br/>3:30 Bingo- 3rd Floor AR<br/><b>6:30 Baseball Game: Rockies vs Cardinals- TV Lounge</b></p>   | <p>26</p> <p><b>Happy Birthday Anita K.</b><br/>9:45 Sit &amp; Be Fit Exercises- CH<br/>10:30 Crafts: Fall Foam Tree- FP<br/><b>11:00 Activities Meeting w Residents- FP</b><br/><b>1:00 Monthly Celebration for Residents' Birthdays -DR</b><br/><b>1:30 Baseball Game: Rockies vs Cardinals- TV Lounge</b><br/>2:30 Necklaces &amp; Bracelets- FP<br/>3:30 Let's Play Blackjack- 3rd Floor AR</p> | <p>27</p> <p><b>It's Oktoberfest Time</b><br/>9:45 Noodle Exercises- CH<br/>10:30 Crafts: Fall Floral Wreath- FP<br/>11:00 Music Therapy- Activity Room 1st. FLR<br/>1:30 Monopoly<br/><b>2:30 Oktoberfest Celebration- DR</b><br/><b>6:00 Baseball Game: Rockies vs Dodgers- TV Lounge</b></p>        | <p>28</p> <p>9:45 Exercises - CH<br/>10:45 Dart Ball Game- 1st FLR. AR.<br/>2:00 Saturday Movie of Residents' Choice<br/>3:00 New Christian Life Church Services- CH<br/><b>3:30 Hymn Singing- FP</b><br/><b>6:00 Baseball Game: Rockies vs Dodgers- TV Lounge</b></p>                               |
| <p>29</p> <p><b>World Heart Day</b><br/>9:45 Exercises- 1st Floor AR<br/>10:30 Catholic Services- CH<br/><b>11:00 Football Game: Broncos Vs Jets</b><br/><b>1:00 Baseball Game: Rockies vs Dodgers- TV Lounge</b><br/>1:30 Tips for a Healthy Heart- FP<br/>2:30 Audio Book Club- 1st Floor AR<br/><b>2:30 Popcorn Social</b><br/>3:30 Jingo- 1st Floor AR<br/>6:00 Collect Your Crosswords- From Front Desk Staff</p> | <p>30</p> <p>9:45 Exercises- CH<br/>10:45 Paint Wooden Fall Leaves- FP<br/><b>1:30 "Zack," our Therapy Dog</b><br/>1:30 Flower Arrangements<br/>2:30 Singing Club- FP<br/>3:30 Bingo- 3rd Floor AR<br/>6:00 Take an Evening Stroll- CT</p>  |   | <p><b>Residents' Birthdays</b></p> <ul style="list-style-type: none"> <li>• Patricia T. 09/02</li> <li>• Harry S. 09/12</li> <li>• Robert D. 09/20</li> <li>• Rhoda B. 09/20</li> <li>• Anita K. 09/26</li> </ul>  |    | <p><b>Activity Location Abbreviations</b><br/>CH- Chapel<br/>AR- Activity Room<br/>DR- Assisted Living Dining Room<br/>FP- Fireplace<br/>CT- Courtyard<br/>Please find the Schedule of Baseball Games at the front desk</p>  |   |

## September Greetings

Hello, everyone! September promises to be another great month at our community. Fall will be here soon, bringing cooler temperatures and the rich colors of falling leaves. Check out this month's calendar and be on the lookout for details about some favorite fall activities that we have planned. As always, please feel free to stop by my office at any time. Have a great September!

## Aging in Your Autumn Years

September is Healthy Aging Month, where summer turns to fall and a time to think positively about growing older and taking charge of our overall health and well-being. The U.S. Surgeon General suggests older adults concentrate on avoiding disease, staying physically and mentally active, engaging with people, keeping a watchful eye on finances, and staying adventurous in their golden years.

## Sporty September

September marks the beginning of the NFL season, and the MLB season is nearing an exciting end. Two of the most popular sports in America, football and baseball share just one person in their halls of fame: Cal Hubbard, who was a linebacker for three NFL teams and spent 16 seasons as an MLB umpire.

## Patriot Day

Sept. 11 is Patriot Day, marking the anniversary of Sept. 11, 2001. Americans unite to remember the heroes and victims of that day and honor their extreme acts of bravery and patriotism.

## Thanks to Our Maintenance Team



We appreciate our maintenance director, Kristopher S., and maintenance assistant, Francisco C. We call on them to fix up our community inside and out, and they help keep our facility running smoothly every day. We want to keep our property well-maintained and a place that you continue to love to call home. Help us stay in top-notch shape by promptly reporting all maintenance issues, big or small, to the office. Thanks. Our maintenance staff works hard behind the scenes, but we'd like to put them front and center and tell them "Thank you for all you do!"

## Luau at NGH

If Paradise had an address, it might well be in Hawaii. Residents had a wonderful time at the Luau party past month, with traditional Hawaiian foods, music and dancing.

